

The Lonely Hour: Barriers to Seeking Help

Gregory Cannon DO
Lehigh Valley Health Network

Follow this and additional works at: <http://scholarlyworks.lvhn.org/family-medicine>



Part of the [Medical Specialties Commons](#)

Published In/Presented At

Cannon, G. (2015, May). *The Lonely Hour: Barriers to Seeking Help*. Power point presented at the Family Medicine Grand Rounds, Lehigh Valley Health Network, Allentown, PA.

This Presentation is brought to you for free and open access by LVHN Scholarly Works. It has been accepted for inclusion in LVHN Scholarly Works by an authorized administrator. For more information, please contact LibraryServices@lvhn.org.

THE LONELY HOUR: BARRIERS TO SEEKING HELP

Gregory Cannon, DO

Lehigh Valley Family Medicine -- PGY III

Family Medicine Grand Rounds

Overview

- ▣ Background
- ▣ Methods
- ▣ Results
- ▣ Discussion/Limitations
- ▣ Conclusion

Background:

- ▣ Why I choose this project:
 - Physicians are silently suffering
 - Personal experience, divorce in residency
- ▣ Why should we all care?
 - Health of healthcare providers = health of the general population

Background:

Prevalence of Emotional Distress

- Depression in Healthcare

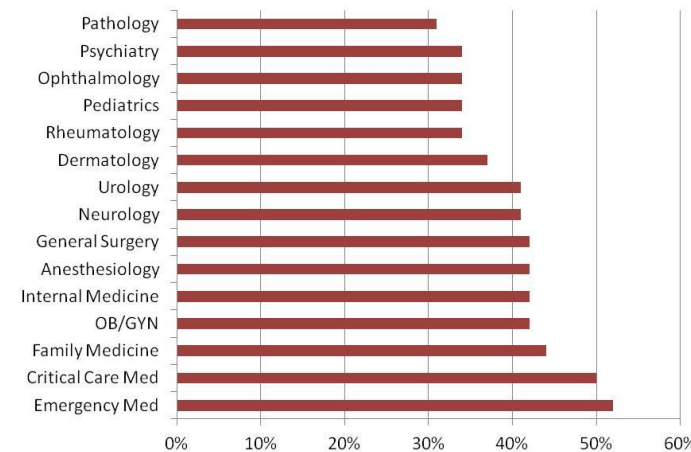
Barriers to Seeking Care

- Nondisclosure
- Loss of professional stature and respect
- Suppress vulnerability or need

Helping others, feeling helpless

- Compassion Fatigue
- Balance: Home & Work

Burned Out Physicians (%) in Selected Specialties



Research Question:

What barriers still exist
preventing physicians
from feeling safe
seeking help in times of
emotional distress?

Methods

- ▣ What is Autoethnography?
 - Research Method
 - ▣ Creative and reflective-analytical narratives
 - ▣ Exploring personal experience, relating back to cultures significance.
- ▣ Why this method?
 - Addresses the barriers
 - Personalizes population being studied
- ▣ Process:
 - Data Collection
 - Reflective Writing
 - Data Analysis
 - Results

Results

- Theme/ Barrier I: Nondisclosure
 - Don't Ask, Don't Tell

Results

- Theme/Barrier II: Suppressing Vulnerability
 - “Don’t let them see you cry”
 - Putting personal needs aside to provide care
 - “Patient First” Mentality

Results

- Theme/ Barrier III: Separating Home from Work
 - Taking “work” home
 - Healthy balance encouraged, not endorsed
 - Straining personal relationships
 - Importance of Self-care
 - The need and inability to separate home from work
 - Taking off the white coat

Discussion

- ▣ What do your results mean?
- ▣ Non-disclosure:
 - Emotional education
 - “Hidden Curriculum”
- ▣ Vulnerability:
 - Fear of judgment.
 - Reciprocity with patient care
- ▣ Importance of Self-care:
 - Standardization of self-care
 - P4
- ▣ Limitations:
 - Discomfort with sharing personal information

Acknowledgements

- ▣ Nicole Defenbaugh, ongoing emotional support & aid w/ Autoethnography
- ▣ Kristen Reihman- Advisor, Drs. Julie Dostal, Joanne Cohen-Katz and Jeff Sternlieb for ongoing emotional support
- ▣ P4, Crystal Walker and my family at LVHN Family Medicine Residency
- ▣ My children

Conclusion

▣ In review...

- Barriers physicians face
- Autoethnography as a process
 - ▣ importance of self-care
 - ▣ Finding strength in disclosure of emotional need.



References

- 1.) Bell RA, Franks P, Duberstein PR, et al. Suffering in silence: reasons for not disclosing depression in primary care. *Ann Fam Med*. 2011;9(5):439-46.
- 2.) Sansone RA, Sansone LA. Physician suicide: a fleeting moment of despair. *Psychiatry (Edgmont)*. 2009;6(1):18-22.
- 3.) Center C, Davis M, Detre T, et al. Confronting depression and suicide in physicians: a consensus statement. *JAMA* 2003;289(23):3161-6.
- 4.) Middleton JL. Today I'm grieving a physician suicide. *Ann Fam Med*. 2008;6(3):267-9.
- 5.) National Mental Health Survey of Doctors and Medical Students.
http://www.beyondblue.org.au/docs/default-source/default-document-library/bl1132-report---nmhdmss-full-report_web.pdf?sfvrsn=2
- 6.) (Figley CR. Compassion fatigue: psychotherapists' chronic lack of self care. *J Clin Psychol*. 2002;58(11):1433-41.)
- 7.) Ellis C, Bochner AP (2000) Autoethnography, personal narrative, reflexivity: Researcher as subject. In: Denzin NK, Lincoln YS (eds) *The handbook of qualitative research*. Sage, Thousand Oaks, pp 733–768
- 8.) Ellingson LL, Ellis C (2008) Autoethnography as constructionist project. In: Gubrium JA, Holstein JF (eds) *The handbook of constructionist research*. Guilford, New York, pp 445–465